Advanced MBT: Applications and Delivery: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced MBT: Applications and Delivery: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Advanced MBT: Applications and Delivery” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 2. This printing was set on 9 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced MBT: Applications and Delivery” to a group: a session for each of its 4 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 4 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Advanced MBT: Applications and Delivery

This advanced course is designed for experienced practitioners seeking to extend the scope of Mentalisation-Based Treatment (MBT) beyond the individual dyad into complex group settings and systemic programmes. You will explore nuanced adaptations for challenging presentations, including antisocial behaviour, severe eating disorders, and the specific dynamics of adolescent and family work. The curriculum emphasises the delicate balance required to adapt core MBT principles to these contexts without compromising the integrity of the therapeutic frame, specifically examining the Social GGRRAAACCEEESSS model as a tool for understanding relational dynamics in these populations. The second module provides a comprehensive guide to the practicalities of running MBT groups and establishing a full-scale MBT programme within a service. You will develop the skills necessary to foster a robust team culture that supports mentalising, ensuring high standards of supervision and fidelity to the model. Furthermore, the training addresses the critical importance of outcome measurement, equipping you with the knowledge to utilise standardised tools such as the PHQ-9 and GAD-7 to monitor progress and refine clinical practice. This module is essential for service leads and senior clinicians dedicated to advancing their professional development and enhancing service delivery.

By the end of the course, participants will be able to

- Deliver MBT with severe and comorbid personality difficulty over full treatment arcs
- Run MBT groups: mentalizing the group process itself, not just members serially
- Apply MBT adaptations, including for antisocial presentations and adolescents, at awareness level
- Supervise for mentalizing: spotting and repairing therapist non-mentalizing
- Maintain the model under service pressure, and know what fidelity requires
- Weigh the MBT evidence base and its comparative standing honestly

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Adapting MBT for Complex Clinical Presentations	5	210 minutes
2	Lifespan and Diverse Population Adaptations in MBT	5	210 minutes
3	Designing and Delivering MBT Programmes	5	210 minutes
4	Advanced Practice, Governance and Digital Delivery	5	210 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.